

**MEMORANDUM OF UNDERSTANDING BETWEEN ICFAI UNIVERSITY SIKKIM  
AND VYAKTI VIKAS KENDRA INDIA, THE ART OF LIVING INTERNATIONAL  
CENTRE, BANGALORE**

The ICFAI University, Sikkim signed a Memorandum of Understanding with Vyakti Vikas Kendra India (VVKI), The Art of Living International Center, Bangalore in connection with IMPARTING Yoga for YES!+ (Youth Empowerment & Skills) Program. The MoU signing took place in the office of the Art of Living, Bangalore on 7<sup>th</sup> February 2020. The MoU was signed by Dr. Jagannath Patnaik, Vice Chancellor of the ICFAI University, Sikkim and Mr. Rajesh of the VVKI.

VVKI is a charitable trust that has been transforming India through Art of Living programs uplifting and empowering individuals, families and communities to tap the full potential of human life..The ICFAI University believes in creating and disseminating knowledge and skills in core and frontier areas through innovative educational programs, research, consulting and publishing and developing a new cadre of citizens with a high level of competence and deep sense of ethics and commitment to the code of professional conduct. On these lines the parties came into a mutual understanding to sensitize the students of The ICFAI University, Sikkim about YES!+ (Youth Empowerment & Skills Program). Through the MoU it is decided that VVKI will conduct Yoga for YES! + (Youth Empowerment &Skills) program for the students of the ICFAI University, Sikkim in the University campus. The program will aid students to cope with stress and emotions and also impart basic life skills that are essential for the young minds to survive in this fast paced world. The program also seeks to inculcate healthy habits, leadership, time management, self awareness and effective communication skills in the students. The MoU will remain in force for three years i.e. till 2023.

The environment plays an important role in shaping the outlook, personalities and attitudes of young minds and by imparting this program The ICFAI University, Sikkim in collaboration with VVKI seeks to shape students into happy, stress free, responsible, self aware individuals.

